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BOOK REVIEWS

IN CHARGE OF

GRACE H. CAMERON, R.N.

AUTOINTOXICATION OR INTESTINAL TOXEMIA. By J. H. Kellogg, M.D., L.L.D., F.A.C.S., Medical Director of the Battle Creek Sanitarium. The Modern Medicine Publishing Company. Price, \$2.50.

That intestinal stasis is the fundamental and widespread cause of a large share of the chronic maladies that afflict the people of civilized lands, is generally accepted by eminent medical authorities. The purpose of this book, as stated in the preface, is to present in some detail, methods of dealing with cases requiring change of the intestinal flora, methods successfully employed by the writer and his colleagues in the treatment of some thousands of patients. The author claims that "diet is the dominant factor" in this treatment, but "it is expected that other rational measures will be simultaneously employed." He presents what he regards as the true rationale of the milk cure and various other food cures. He states that "This work has been prepared with special reference to the needs of trained nurses and busy practitioners who have not time to keep up with voluminous literature of modern bacteriology and physiologic chemistry, but who are prepared to appreciate the value of well tested methods which produce the results expected of them."

THE PRINCIPLES OF MENTAL HYGIENE. By William A. White, M.D., with an introduction by Smith Ely Jelliffe, M.D., Ph.D. The Macmillan Company, New York. Price, \$2.

Mental hygiene is a comparatively new science with many subdivisions. This book briefly considers the principles involved in the concepts of the greater defective, delinquent, and dependent groups, the significance of the insane, the criminal and the feeble-minded classes, and of the principles of society's relation to them. The introduction by Dr. Smith Ely Jelliffe, traces the growth of this movement and briefly indicates "how much more pervasive are the phenomena of mind in our daily living than we are wont to suppose." The author, after a short introduction, explains "the underlying concepts" and makes a brief survey of the more important "mental mechanisms" which are pertinent to the various problems that present themselves for the application of the principles of mental hygiene. The problems discussed are: the Insane, the Feeble-minded, the Pauper, the Unemployed, etc. There is also a chapter for the consideration of such social conditions as are developed by patent medicine cures, impair-

ment of efficiency, divorce, the woman movement, wealth, idleness, etc. There has been no attempt to solve the problems but rather to discuss the problems as "present-day examples of bad mental hygiene." An interesting book for social workers.

THE TREATMENT OF WAR WOUNDS. Second Edition. By W. W. Keen, M.D., L.L.D., Major Medical Reserve Corps, U. S. A. W. B. Saunders Company, Philadelphia. Price, \$1.75.

The Treatment of War Wounds by Major Keen was first published in August, 1917. The material was obtained from personal communication with war surgeons in the hospitals and on the field in France. The evidence of the value of this book is shown by the necessity of a second edition within a few months. The text is practical, up-to-date, and extensively illustrated.

A WAR NURSE'S DIARY. Sketches from a Belgian Field Hospital. The Macmillan Company, New York. Price, \$1.25.

Published recently, this diary gives sketches of the author's experiences in Belgium from the beginning of the war, August, 1914, to October, 1915. The thirteen months of life "Back of the Front" are most vividly and sympathetically told. The author was one of a group of nursing sisters mobilized by an English lady and under the patronage of Elizabeth, Queen of the Belgians. The first stop was in Antwerp, where a hospital was fitted up. "Every patient we received was seriously if not dangerously wounded. We were scarcely able to keep abreast of the work nor to direct the zealous, but often dangerous, energies of the lady helpers." They remained here through the siege and then removed the patients and equipment, being forced to journey by motor busses to Ghent where the patients were received in the hospitals there. Most graphically, and with an all saving sense of humor, the author tells of the many journeys through the cities of Belgium, flying before the advancing Germans; the great difficulties in giving care to the wounded in the temporary quarters and without adequate supplies; and the splendid consideration and regard for the nurses. There are bombardments and aerial raids most vividly described. The frequent meeting with well known people amidst most unusual surroundings and the details of daily life and duties are told in an intensely interesting way. The author, who is anonymous, has been "over the top" in very truth. The book is illustrated with views of the nurses and of their daily life.